

**TALKING
POINT**

Autumn 2022

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Plans for new Friarage surgical hub pass important milestone

PLANS to replace the Friarage's ageing operating theatres with new and expanded facilities have passed an important milestone.

The Department of Health and Social Care has given the greenlight for £35.5million of NHS investment to be earmarked for the creation of new modern operating theatres at the Northallerton hospital.

The NHS needs to increase capacity to support patients whose non-urgent care has been disrupted by the COVID-19 pandemic and the Friarage development is one of more than 50 new surgical hubs that are being created across the country.

Subject to final approval of the scheme, the plans for the Friarage will see the hospital's six existing operating theatres replaced with a modern surgical hub that will include six main operating theatres,

two minor operating theatres and a surgical admission and day hub.

The creation of the state-of-the-art surgical hub at the Friarage will enable the hospital to almost double the number of planned operations it carries out each year from just over 5,000 to almost 10,000.

The detailed plans for the new theatres have been led by the trust's experienced clinicians and will now be developed further for the next phase of regional and national NHS approvals before they are given the final go-ahead.

The surgical hub plans are just the latest in a series of clinically-led developments at the Friarage which have seen the creation of new services and the on-going

removal of Second World War-era buildings on the site.

In the last two years, a new dialysis unit and ophthalmology unit have opened at the hospital and, in the coming weeks, a new £5million endoscopy and urology diagnostic hub is set to open.

The surgical hub is planned to be built on the site of the existing Mowbray building which is more than 60 years old and is due to be demolished when the hospital's new diagnostic hub opens.

Michael Stewart, chief medical officer, said: "We are delighted that the plans for significant investment in the creation of a surgical hub at the Friarage have passed this important milestone.

"Replacing the Friarage's ageing theatre block with a modern and expanded surgical hub will ensure the world-class care our clinicians deliver is matched by world-class facilities for decades to come."

The creation of the state-of-the-art surgical hub at the Friarage will enable the hospital to almost double the number of planned operations it carries out each year



Artist's impression of the new Friarage surgical hub

Leanne joins neonatal team in daughter's memory

SINCE saying a heart-breaking goodbye to her baby girl, Maisie Hope, Leanne Nellis has set up a charity in her memory, raised over £57,000 and has had a career change so she can work alongside those who cared for her little girl at James Cook.

Leanne gave birth to Maisie one day past her due date in October 2011. Maisie was born with her umbilical cord wrapped around her neck and was taken to the Middlesbrough hospital's neonatal unit where she was looked after for four days.

Leanne and her family were determined for Maisie to not be forgotten and set up a small charity called Maisie's Hope to raise money to fund a cooling mat for the unit.

Leanne arranged several fundraising events and raised £16,000 which by 2016 increased to £50,000 and to date sits at just over £57,700.

Despite raising an incredible amount, Leanne wanted to do more and joined the neonatal unit as a volunteer, offering other bereaved parents the opportunity to talk to another parent who had been through a similar experience.

Alongside this she took it upon herself to support the unit's annual remembrance service and then following the addition of Maisie's little sisters she set out her goal of becoming a neonatal nurse herself.

"I had no healthcare experience, I worked in an opticians after leaving university," she said.

"Until we had Maisie I'd never heard of a neonatal unit, I didn't know what they did or who they helped. When my youngest turned one I enrolled onto an access healthcare course at Middlesbrough College and then went to Teesside University and qualified in September 2021."

Ten years after she said goodbye to Maisie, Leanne put on her scrubs and joined the unit as a registered neonatal nurse.

"I still can't believe how life can change so much. We've tried to make a positive out of the situation. I feel privileged to work here and to be helping other parents who I can relate to as I know the neonatal journey."

"I feel privileged to work here and to be helping other parents who I can relate to as I know the neonatal journey."

Lynne Paterson, clinical director for neonatology said: "Having seen things from the other side, Leanne is in a perfect position to empathise with our families and also to care for them in her own special way, which families are really appreciative of.

"She is also a leading light in fundraising for the department and quietly goes about raising thousands of pounds in memory of her daughter. For both of these things, we are extremely grateful and proud of Leanne."



Leanne Nellis

Eco shop reduces food waste and improved environmental impact

JAMES Cook has joined the fight to reduce food waste by setting up an eco shop.

The pop-up shop in the Volunteers Coffee Lounge is taking high quality, good to eat surplus food and making it available to staff for a small donation.

The food, which would have gone to supermarkets but has become surplus, this could be because it was over-ordered or misprinted on the packaging, is supplied by FareShare who redistribute it so it doesn't go to landfill.

The new shop was set up in partnership with the trust, Middlesbrough Environment City, FareShare NE and the Middlesbrough Food Partnership.

Trust staff using the shop can pick up a bargain while doing their part in helping the environment, selecting ten tins, jars or packets for just £2.

Steve Bell, the trust's environmental and sustainability lead, said: "In order to advance our green agenda



Coffee Lounge manager Georgina Oakley and Laura Hallett from the trust's greener group

this initiative plays a vital role in supporting our staff through the provision of a service which benefits both the environment and our workforce."

Coffee Lounge manager Georgina Oakley said: "We are really pleased to have our very own eco shop here at James Cook. I have always hated wasting food when it is still perfectly safe to eat, so I jumped

at the chance of playing a part in reducing food wastage, helping the environment, and offering the staff a chance to save money in the current climate."

Laura Hallett from the trust's greener group added: "As a member of the greener group, and as a volunteer food waste hero for Olio in my own time, I'm really proud that James Cook has joined the fight in reducing food wastage."

NHS celebrates turning 74



DID you know that the NHS is 74 years old? As part of our celebrations, staff shared their photographs to be included in a very special anniversary collage. If you look closely enough you might even recognise a few familiar faces!

Macmillan teams up with hospital trust to invest £824k in specialist cancer care

EIGHT new specialist cancer care posts have been created at the trust thanks to partnership funding from Macmillan Cancer Support.

More than £824,000 is being invested to ensure patients receive the most advanced cancer care with access to specialist nurses every step of the way.

Throughout the COVID-19 pandemic cancer treatment has remained an absolute priority and the new posts will help to make sure patients continue to have the support and care they need.

Six new permanent posts and two pilot roles are being created to work across James Cook and the Friarage. These include:

- Two lung cancer specialist nurses
- Cancer care coordinator - upper gastrointestinal
- Cancer care coordinator - urology
- Urology specialist nurse
- Secondary breast cancer specialist nurse
- Cancer care coordinator - malignancy of unknown origin (pilot for two years)

- Specialist nurse - malignancy of unknown origin (pilot for two years)

"These exciting new roles will allow our teams to continue to develop new ideas, services and opportunities to ensure that patients and their friends or families have the best experience they can possibly have," said Pauline Sturdy, the trust's cancer transformation lead nurse.

Laura Ashurst, who has lived with breast cancer for more than 20 years, said: "Secondary breast cancer is incurable, but with the help of secondary breast cancer drugs and specialised professional nursing care, people like me can be supported to live well with the time that we have left."

The application for funding was based on patient feedback and clinical need and was championed by former lead nurse, Nicola Hand and Macmillan transformation lead for cancer, Carol Taylor.



Laura Ashurst, who has lived with breast cancer for more than 20 years

Nicola said: "The day Macmillan rang to tell us that we had been successful in our application we were so overwhelmed. There were a few happy tears shed - and not just from me!"

The trust's new lead cancer nurse, Julie Lamb said: "As a trust we are committed to our cancer patients and the ongoing development of our cancer nursing workforce to support this.

"Macmillan have also supported us with two development posts to support the education and training of nurses aspiring to become cancer nurses of the future."

Kieran Conaty, partnership manager for Durham, Darlington and Teesside for Macmillan Cancer Support added: "These are much needed posts that will help the trust deliver true personalised care for their patients and will have an immediate and positive impact on people affected by cancer in the region."

The trust is also piloting an internship programme which offers specialist cancer training to nurses already working across its hospitals thanks to a £50,000 grant from Health Education England.



Sue Warren, Macmillan community breast care nurse, Donna Harley, Macmillan specialist nurse for breast cancer and Tracy Williams, Macmillan specialist nurse for breast cancer (left to right)



Joel Dunning and the team at Christiaan Barnard Memorial Hospital

Middlesbrough surgeon in Africa robotic surgery-first

JAMES Cook's pioneering use of robotic surgery for heart and lung conditions has helped achieve a first for Africa.

Cardiothoracic surgeon and lung cancer specialist Joel Dunning has helped to oversee the first cardiothoracic robotic procedure on the continent at the Christiaan Barnard Memorial Hospital in Cape Town, South Africa.

The trust is at the forefront of NHS robotic surgery, which uses tiny instruments that are controlled remotely by the surgeon sitting at a console.

Surgeons benefit from 3D vision of the procedure as well as hand and foot controls to control the instruments.

This enhanced precision helps

reduce side effects and the length of time patients need to stay in hospital.

Speaking about his role in helping to oversee the African continent's first a cardiothoracic robotic surgery procedure, Joel Dunning said: "Robotic surgery first came to Teesside in 2014.

It revolutionised treatment by making it possible for surgeons to perform minimally invasive surgery with greater precision and control than ever before.

This enhanced precision helps reduce side effects and the length of time patients need to stay in hospital.

"In 2020, South Tees became one of only three NHS trusts in the country to have three of its own surgical robots, which are now used across a range of specialities including cardiology, urology, thoracic services, gynaecology, general surgery, ear, nose and throat and maxillofacial services.

"Being invited to help oversee Africa's first cardiothoracic robotic procedure was a tremendous honour and speaks to the James Cook's strong ties with the continent, and our position at the leading edge of UK robotic surgery."

A new home for heart research on Teesside

AND if that wasn't enough, the James Cook team is also working with two local charities to raise £650,000 to create a new home for heart research on Teesside.

Hearts + Minds is a joint appeal by Our Hospitals Charity and South Cleveland Heart Fund to create a cardiovascular research facility for patients across Teesside and North Yorkshire at the Middlesbrough hospital.

Separately, a UK heart team led by consultants from James Cook visited Ghana to perform life-saving operations in for a third time.

The team gave up their holidays to take the trip to hospitals in Accra and Kumasi on this year's mission, which saw them helping several patients who required cardiac surgery and upskilling the Ghanaian team to perform more advanced procedures.

Steph McGovern opens critical care garden

Our
HOSPITALS
CHARITY

STEPH McGovern has officially opened a garden for James Cook's critically ill patients.

The garden, which has been made possible thanks to staff, Our Hospitals Charity and the local community, offers patients a private, tranquil space to spend precious time with their loved ones away from the clinical environment.

It is hoped the new garden will also benefit patients' rehabilitation as they become re-acquainted with the outside world and use their senses to stimulate the healing process.

While opening the garden, Steph said: "When I got asked to do this, I was like 'definitely' as I'm from Boro. My mam worked in this hospital for 40 years as a radiographer, so I used to come here all the time as a little girl when we came to pick her up.

"I've always felt like it's been a really welcoming place.

"I know you guys employ a lot of people in the area, so you're doing great stuff for the area too and obviously looking after the community.

"I've loved the chance to come back. This garden looks brilliant, so well done to the team for putting this all together.

"Thanks for being lovely and looking after everyone. Thank you for everything you've been doing and continue to do. My applause and love goes out to you, so thank you."

Critical care consultant Diane Monkhouse said: "We're so grateful to everyone who has given their time, energy and donations to this project. None of this project would have been possible without the generosity of ex-patients, families, colleagues, past and present and members of the public.

"Our JustGiving appeal raised over £13,000 due to the kindness of 278 supporters."

The garden was designed by local artist Laura Johnston, who has a very personal connection to the hospital's critical care garden.

"Having the opportunity to design the whole space was just lovely because of my connection to critical care and the fact I spent many a Christmas day here visiting my brother, Ian, who was a long stay ICU patient," she said.

When not used by patients, the garden can be accessed by critical care staff, offering them a restful place for them to take some time out.

Ben Murphy from Our Hospitals Charity said: "We'd like to thank all our supporters and the local community for once again donating to Our Hospitals Charity to allow us to improve our facilities for our patients, visitors and staff."

"Our JustGiving appeal raised over £13,000 due to the kindness of 278 supporters."



Steph McGovern with Laura Johnson (left) and staff from James Cook

Trusts work together to provide life-changing procedure

CONSULTANTS from three north east NHS trusts have worked together to perform a life changing procedure, allowing Jessica Archer to eat and drink again.

Jessica, from Lobly Hill, Gateshead, had a condition called achalasia which prevented her from swallowing, meaning she had to be fed through a tube down her nose.

But, thanks to a POEM procedure (peroral endoscopic myotomy), performed at James Cook, the 26-year-old is now able to enjoy solid foods again.

POEM is a minimally invasive surgical procedure where consultants insert an endoscope — a narrow flexible tube with a camera in the mouth (peroral) to cut muscles in the esophagus.



The team performing Jessica's POEM

"It's not just my life it has impacted, it's the kids' as well," she said. "They've seen me so poorly, not being able to move off the sofa for

ten hours, being stuck on the tube and now we're so much more free to do a lot more things."

The procedure was undertaken by South Tees' YKS Viswanath, Gateshead Health NHS Foundation Trust's Jamie Barbour and Durham and Darlington NHS Foundation Trust's Anjan Dhar.

Mr Viswanath, who also performed the first POEM at James Cook in 2019, said: "Any achalasia patient's life can't become better by chance; it gets better only by change. In Jessica's case, it is through the special endoscopic technique that was undertaken successfully."

Anjan Dhar said: "The development of the regional POEM service has been a collaborative initiative between three experienced endoscopists in the north east, to offer a new treatment for achalasia. This development demonstrates the success of new treatments being made available by the NHS."

Jamie Barbour added: "It's really exciting because endoscopic treatments are developing at a really fast rate and we're now able to treat patients like Jessica.

"It's one of the many treatments we can use not only for a condition like Jessica's but other conditions such as polyps or early cancers."



Jessica Archer before her procedure



Consultant plastic surgeon Tobian Muir and the team with the IGEA Cliniporator machine

Helping hundreds of cancer patients with electrochemotherapy

JAMES Cook's surgeons have helped 500 cancer patients using a treatment called electrochemotherapy.

Electrochemotherapy is a combination therapy that targets cancer cells. The affected cancer lump is injected with the chemotherapy drug bleomycin and an electric field is then applied by a IGEA Cliniporator machine to boost the uptake of the drug in the cancer cells.

It is a localised treatment which specifically targets the cancer cells. The treatment is low risk for the patient and can be repeated if needed.

The hospital's plastic surgery department was the pilot site for this treatment, treating its first patient in 2007.

It is now a regional service and treats suitable patients from all over the north east and beyond.

The Middlesbrough team also co-founded the INSPECT collaboration (International Network for Sharing

Practice in Electrochemotherapy) which now includes outcomes for over 1,500 patients treated in ten UK and 27 European centres.

The 500th patient to be treated with electrochemotherapy was 88-year-old Christa Selden from Hexham in Northumberland. Christa was offered the treatment for her breast cancer.

"The electrochemotherapy is good, it's very different to the treatment I've had before," she said.

"I've had no pain despite my surgeon telling me I'd need strong painkillers. The first day after I had two painkillers and then I didn't have any after that.

"It's amazing this treatment, I'm very happy with it, the best thing about it is it gives you hope.

"I was told that it was palliative and this is not a cure, but I'm hoping after more treatment the cancer will run out of steam.

"I'm lucky to have had this treatment. I am very grateful to everyone at James Cook."

Christa was given the targeted chemotherapy drug by consultant plastic surgeon Tobian Muir.

"It is wonderful that we have been able to help reduce the effects of cancer for so many patients," he said.

"Over the last 15 years we have gained a lot of experience in this technology which we are sharing with other centres, especially in providing training and support to hospitals wanting to adopt and offer this practice to patients in their local area."



Christa Selden

James Cook welcomes its first therapeutic radiography degree apprentices

THE trust has welcomed two aspiring radiographers to its team as part of a unique degree apprenticeship programme in partnership with Sheffield Hallam University.

The apprentices are gaining vital experience working alongside James Cook's therapy radiographers while carrying out distance learning via the university.

Following the three-year course, they will gain a BSC (Hons) in therapeutic radiography and will be able to work as qualified therapeutic radiographers.

Claire Huntley, radiotherapy clinical lead, was a member of the therapeutic radiographer apprenticeship trailblazer group and was involved in writing the apprenticeship standards.

She said: "Therapeutic radiography is a very varied role with many different routes for development and progression, so this programme will develop their skill set and knowledge in preparation for this.

"Therapeutic radiography is a recognised 'at risk profession', so to be able to contribute to developing more

therapeutic radiographers in the region is important to me.

"I am excited to see this continue, and I would encourage anyone who would be interested in a career in therapeutic radiography to come and visit us, either by work experience or by volunteering in the department of radiotherapy and oncology, both of which can be arranged through the trust, to find out if this is a career for you."

Nationally there are only seven apprentice therapeutic radiographers, two of which are at James Cook: Natasha Shirvani and Piers Winder.

Both Natasha and Piers previously worked within the trust and decided to apply for the apprenticeship to further develop their skills.

They are learning about anatomy and physics, image matching, how to plan and deliver radiotherapy to cancer

patients and discovering other cancer treatment modalities.

Natasha said: "I decided to sign up to the apprenticeship after having previous experience working with patients who were diagnosed with cancer.

"I wanted to take the opportunity to positively contribute to patient experience, being there for people, at what can be the most difficult time in their lives.

"I'm really enjoying learning a new profession in depth, meeting the team and everyone involved in a patient's diagnosis and treatment.

"It feels exciting and daunting all at the same time. I'm excited to see how we will progress throughout the three years as part of the team and I'm happy to be part of our patients' experience from day one."

Piers added: "James Cook has shaped me into the person I am today, I started off my working life here and I cannot wait to develop my skills and achieving my degree in therapeutic radiotherapy."



Natasha Shirvani, Claire Huntley and Piers Winder



Nurse endoscopist Vicki Fawcett, consultant gastroenterologist Arvind Ramadas, Janice Pollard, nurse endoscopist Leila Lyons and assistant general manager, digestive diseases Mark Edson (left to right)

Endoscopy unit extends use of tiny pill-sized cameras

PATIENTS at James Cook can now opt to swallow a pill-sized camera to check abnormalities in their oesophagus (gullet) and stomach.

Known as an upper GI capsule endoscopy (CE or PillCam), the miniature camera is used to examine part of the gastrointestinal (GI) tract from the mouth to the small intestine in suitable patients.

The PillCams are typically used when a patient cannot or does not want to undergo a conventional gastroscopy.

Prior to swallowing the capsule, patients are asked to drink a large glass of water and then sensor stickers are applied to their abdomen, which are connected to a data recorder.

They swallow the capsule while lying on their side and there are some position changes required to allow the medical team to obtain the necessary views of the upper GI tract on the data recorder.

Once the capsule has entered the small bowel, the data recorder is disconnected, the patients can eat and drink again as normal and they are discharged home where the capsule is discarded naturally.

The development comes just a year after the Middlesbrough hospital started using pill-sized cameras to investigate and diagnose bowel abnormalities.

Leila Lyons, nurse endoscopist said: "This is an exciting development which has the potential to offer certain patients a more comfortable alternative to a traditional gastroscopy.

"In a lot of cases a traditional gastroscopy is necessary, if we need to take samples for instance, but when we simply need to look at the UGI tract a camera pill is a great alternative."

The first patient to have a capsule endoscopy at James Cook was Janice Pollard from Aldbrough St John, Richmond.

Janice decided to opt for the new service after experiencing problems with traditional endoscopies.

"I'm so glad I did," said the 65-year-old. "This new procedure is a game changer because you're oblivious to it, other than swallowing the capsule which is no more difficult than swallowing a piece of food.

"You wouldn't think you were undergoing anything medical because you don't feel anything. As long as you can move positions on the bed, you're absolutely fine.

"I hope more people can take advantage of it in the future."

"This new procedure is a game changer because you're oblivious to it"



SOUTH
TEES
STARS

OUR monthly STARS Awards help us celebrate our incredible individuals, teams and services.

We would like to say a huge congratulations our winners and to the hundreds of colleagues who were nominated. Don't forget, if someone has made your day or has gone the extra mile for their patients, you can nominate them via the STARS Award service page on the intranet.



Catherine Lee – Respect, Caring and Support

Catherine devotes a considerable amount of time to supporting her colleagues and showing genuine concern for their wellbeing. She checks in on people, often in her own time to see how they are doing and offers a listening ear, support, advice and guidance. She does this despite having plenty on her own plate.

South Tees
STARS
shine
brightly



Louise Fleming – Helping Others

When attending a ward with her TVN colleague Louise quickly acknowledged that they were short staffed and offered her support. Colleagues praised Louise for being a breath of fresh air as she didn't hesitate to jump and offer her support in providing clinical and clerical support.

Chrissie Cater – Respect, Caring and Support

Chrissie was nominated for the care and attention to wellbeing she offers to both her patients and staff.

Despite being a new ward manager, she has had the courage to take two areas through their STAQC accreditations within six weeks - a massive well done.



Heather Hunter – Teamwork

Heather has supported the IPC team incredibly over the last three months, assisting with urgent demands and always offering support on her days off and annual leave. Heather is a great asset to the IPC team and is truly appreciated by the wider team and organisation.



Cardiac investigations unit – Teamwork

The team won a STARS Award for helping a patient who required an urgent echo to investigate a source of embolisation to both legs. Despite being incredibly busy with over 35 patients the team managed to prioritise this patient providing timely and helpful information.



Rose Henwood – Helping Others

When one of our teams went down to the canteen just before closing, Rose kindly cooked up a fresh batch of chips for them all, greatly improving their morale and carrying them through the rest of their shift.



Medical equipment team – Communications

The medical equipment team were nominated for a STARS Award for being extremely efficient, helpful, quick to respond to requests and for going the extra mile to support colleagues' needs.



Joanne Thorton – Dealing with Difficult Situations Award

When Jo spotted a road traffic collision on the A19 on her way to work she didn't hesitate in pulling over and risking her life to help two people she'd never met

Jo, who was the first on the scene, was praised by colleagues for being brave and caring while she helped do everything she could to keep the passengers alive until paramedics got there.



Steph Davies – Helping Others



Clinical sister Steph Davies was nominated for a STARS Award after she helped a patient who had deterioration in their respiratory function and swallowing compatibility.

Steph kindly agreed to come and place an NG tube for this patient despite working on a very busy stroke unit with several unwell patients.



Ward 8 – Teamwork

James Cook's ward 8 were praised through the STARS Awards for their incredible teamwork, professionalism, team ethos and caring nature.



We are Veteran Aware



THE trust has been formally reaccredited as Veteran Aware by the Veterans Covenant Healthcare Alliance and has also achieved a Silver Award in the Defence Employer Recognition Scheme.

The Veterans Covenant Healthcare Alliance (VCHA) is a group of NHS healthcare providers in England committed to providing the best standards of care for the armed forces community, based on the principles of the Armed Forces Covenant.

The Armed Forces Covenant - which recently passed into law - is a promise by the nation ensuring that those who serve, or who have served, in the armed forces, and their families, are treated fairly.

South Tees joins 40 other trusts across the North of England that have gained Veteran Aware accreditation.

The aim is to develop, share and drive the implementation of best practice that will improve armed forces veterans' care, while at the same time raising standards for everyone across the NHS.

Sue Page, chief executive said: "These accolades recognise our work in identifying and sharing the best standards of care for our armed

forces community and the support we provide to our employees who are also reservists, adult volunteers within the cadet forces, veterans and their families."

VCHA regional lead Lynsey Nicholson said: "I'd like to thank the team for their hard work and dedication to providing the best possible experience of care to members of the armed forces community."

The VCHA's ambition is to accredit all NHS providers in England by March 2023.

Find out more at veteranaware.nhs.uk/veterans-rehabilitation-project/

Innovative waste management system 'Neptune' makes a difference

THE trust has installed an innovative new waste management system in theatres to make it safer for staff to dispose of surgical waste fluid whilst increasing efficiencies in the operating room.

The Stryker Neptune system can filter the collected fluid, enabling it to be disposed of to drain rather than being solidified in canisters and then put into infectious waste bags to be carried to the waste hold.

Steve Bell, environmental and sustainability lead and wastes manager and chair of the trust's Greener NHS Group said: "Neptune has so many benefits. It bypasses the need for surgical waste fluid to be treated as

a separate waste stream, eliminates risk of back injuries and improves our carbon footprint.

Sarah Baker, service manager and head of nursing for peri-operative medicine and critical care said: "Neptune is the most innovative piece of equipment I have seen in 20 years, which is dedicated to not only patient safety but staff safety as well.

"One of the main benefits which we saw immediately was that Neptune is a

closed system, there is no exposure to irrigated bodily fluids. This benefited our infection control procedures. Theatres previously had to manoeuvre bags of fluid, urine and blood, and despite using solidifying gel, it was still a difficult process.

"The efficiencies we saw were significant, and Neptune allowed us to better utilise staff elsewhere."

Since installing the system at the trust, Sarah and Julie Clark, senior operating department practitioner, have presented at the European Operating Room Nurses Association (EORNA) in Norway about the benefits of using Neptune.



Sarah Baker and Julie Clark



Steve Bell



The Neptune system

11 centres, 11 days, 11 hundred miles!

HORATIO'S Garden fundraisers were given a warm welcome when they stopped off at James Cook as part of their mammoth challenge of cycling to all 11 of the UK's NHS spinal injury centres.

Horatio's Garden is a charity that creates gardens in NHS spinal injury centres across the UK and the team are planning to work with Our Hospitals Charity to establish a garden at James Cook.

Staff from the Golden Jubilee Spinal Cord Injury Centre were joined by Team GB event rider Nicola Wilson, a patient at the centre, to cheer on the cyclists as they continued on their journey from Belfast to Salisbury.

The charity is named after Horatio Chapple who was tragically killed on an expedition in Svalbard aged 17.

Horatio's brother, Titus Chapple has been joined by Toby Morgan-Grenville, Robin Butler, Olivia Caplan and Mortimer McKechnie for the epic journey which covers nearly 1,100 miles over 11 consecutive days.

The team, who are being supported by a number of other cyclists along



Horatio's cycle team pictured with Team GB event rider Nicola Wilson and James Cook staff

different parts of the route, aim to raise £50,000 to commemorate the ten-year anniversary of the first Horatio's Garden being created in Salisbury.

Titus said: "The cycle challenge is a big undertaking, but I am delighted to be taking part to help raise funds for future Horatio's Gardens across the country, giving more people living with spinal injury access to these beautiful sanctuaries."

Each Horatio's Garden is evidence-based to improve psychological, physical

and emotional outcomes for patients and their families. The charity plans to establish one at all 11 NHS spinal injury centres and has already completed six.

Anneka Rice, Horatio's Garden ambassador added: "Everyone with a spinal injury deserves access to nature during their long stays in hospital and this marvellous team are helping to bring Horatio's Gardens to all. Please donate!"

Donate online at www.horatiosgarden.org.uk/horatiocycle

Join the #NHSBurpeeChallenge! It's as easy as 1, 2, 3...



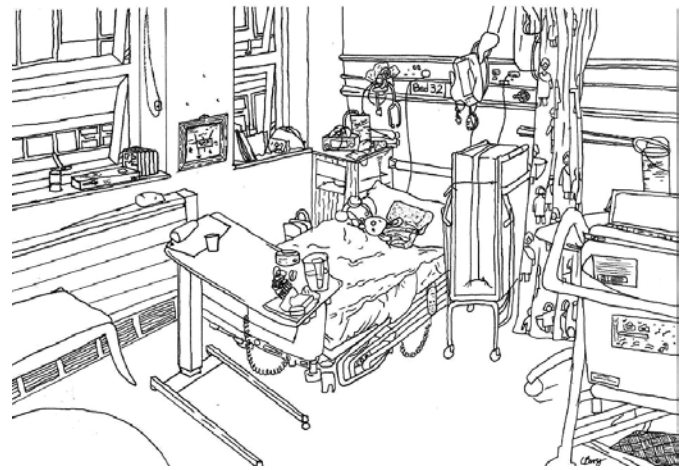
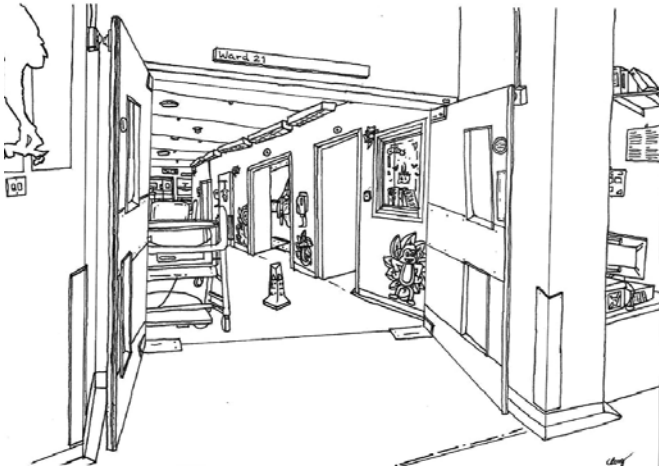
1. Complete 10 burpees
2. Tag 10 friends on social media
3. Donate £10 to James Cook University Hospital Cardio Appeal by texting HEARTAPPEAL to 70085. Texts cost £10 plus network charge.

All money raised will go to the James Cook Hospital Cardio Appeal – creating a new unit focusing on research that will prevent heart attacks and help countless people in our region.

To find out more about the campaign visit www.southtees.nhs.uk/charity/campaigns/hearts-and-minds/



Cardiovascular nurses taking on the Burpee Challenge for the James Cook Cardio Appeal



From James Cook to the Royal Academy of Arts

A FORMER patient who documented her time at James Cook through drawings has had her work exhibited by the Royal Academy of Arts.

14-year-old Cristiana Borg was admitted to hospital when she came back to Middlesbrough from her home in London on one of her regular visits to see her family.

At the time, like many other teenagers, she had suffered from the stress of lockdown, isolation and the sudden return to school. But she restricted and then stopped her eating, losing over three stone in less than three months.

Despite numerous GP visits and attending the emergency department twice, her weight continued to decline and while back in the north east, despite at first seeming better, she became so ill she was close to collapsing and was admitted to James Cook.

While in the Middlesbrough hospital, where she was born, Cristiana was gifted some pens and art paper to keep her occupied and soon began to draw incredibly detailed pictures.

"Drawing was my only escape from the oppressive food regimes and medical check-ups," said Cristiana. "It gave me a sense of purpose and success as people enjoyed them.

"The final two images show WHSmith and the café, happier spaces where I would be taken in my wheelchair to meet family and friends who helped me feel more connected to real life and were so important in supporting me in my recovery."

After several weeks Cristiana was allowed home to her grandma Sheelagh and grandad Bill's in Normanby.

But she was far from out of the woods and started to lose weight again before receiving follow-up care from the Middlesbrough eating disorder team.

Eventually over several months Cristiana's condition slowly steadied and she was able to return to London where she slowly got back to 'normal' and returned to school.

Upon her return Cristiana showed her art teacher her drawings of James Cook and they immediately suggested she entered the Royal Academy of Arts' Young Artists' Summer Show.

Cristiana's mum, professional opera singer Suzannah Clarke, said: "To the family's surprise and delight, she was chosen to exhibit from over 21,000 entries. I asked the RA and I believe they chose around 500 pieces, so she has done very well.

"When we were told she was a winner it really gave her a boost, just at the right time."

Cristiana is continuing to make a slow recovery and hopes sharing her art will help others going through something similar.



Cristiana Borg

We need our strongest defence this winter

THE flu campaign is back and we are asking staff to do their bit to help us put in some world class defending this winter by getting the flu jab as soon as possible.

The campaign kicks off on Monday 3 October – and this year we are tapping into the World Cup theme, so expect lots of football-based puns as we look to ‘tackle’ this nasty virus and give flu the red card.

Staff will have the chance to be part of the winning team when getting their jab with themed competitions, giveaways and merchandise.

The flu champions are back! Every football fan likes a good comeback, and this year sees the welcome return of the flu champions. Staff are encouraged to have their jabs via their flu champion in the first instance but those who are unable to do this can have their flu jab at one of the stations, which will be in different locations, including the main atrium at James Cook. Don't worry, the ref will keep the yellow card in the pocket this time – no bookings needed, just turn up.

Occupational health manager Jude Cooper said: “It has never been more important to ensure the maximum level of protection for our staff and our patients.

“By getting a flu jab – and getting it early – our colleagues can do just that.

“We are already seeing a higher number of cases than last year in the southern hemisphere where Australia has seen one of its worst flu epidemics for years, which arrived and peaked earlier than most previous years over the past decade. We could see this happen in the UK this year.

“As a health or care worker you are more susceptible to the flu virus and risk passing it onto your colleagues, your family and patients.

“You can still be a flu carrier even if you have no symptoms and you have the best protection if you develop immunity before flu starts circulating.”

So why not get the first shot in? Visit your flu champion today, get vaccinated and relegate flu this winter.

More information can be found in the ‘net. Visit southtees.nhs.uk/flu

Help put coronavirus in lockdown this winter

As well as getting your flu jab, staff are encouraged to get their latest COVID-19 booster this winter.

Chief nurse Hilary Lloyd said: “We are likely to see the seasonal flu virus circulate alongside COVID-19 this autumn and winter– which would add to the winter pressures usually faced by our staff with more patients expected to be admitted to hospital with flu.

“Getting the flu vaccine and COVID-19 booster is more important than ever this autumn to help reduce hospitalisations

Fixtures

Flu vaccinations start in the James Cook atrium throughout the week of Monday 3 October. More dates are available online at southtees.nhs.uk/flu

during a time when as the NHS we may also be managing continuing episodes of COVID-19.

“Your health, safety and wellbeing is our priority. Getting vaccinated against flu and COVID-19 will provide protection for you and those around you from both these potentially serious illnesses – this is why I encourage you to get your flu jab and COVID-19 booster as soon as possible.

“It's never been more important to protect yourself, your team, your patients, your family and your community.”

This year, COVID vaccines will be given to staff via drop-in clinics at James Cook and the Friarage.

Search ‘COVID-19 vaccine’ on the intranet for more information.

FLU 22

We need shots on target and our strongest defence to beat flu this winter

Make it a hat-trick
We want staff to:

1. **get vaccinated** – to protect yourself, your family, your colleagues and your patients
2. **get prepared** – make sure you are aware of where you can find the information you need to help you through the winter
3. **get support** – find out what health and wellbeing help is available and where to find it

New perioperative medicine clinic opens its doors

A NEW perioperative medicine clinic (PAC) has now replaced adult surgical pre assessment at both James Cook and the Friarage.

The perioperative medicine team assess patients prior to surgery to ensure they are fit for their procedure and well prepared for their treatment journey.

Perioperative assessment can be delivered either over the phone or face to face and a new digital hub allows patients to complete an electronic health questionnaire prior to their appointment, ensuring they are triaged into the most appropriate clinic.

The James Cook facility includes a bespoke CPEX (cardio-pulmonary exercise testing) service for major complex surgical patients.

There are also plans to introduce an IV iron clinic in October.

Clinical lead and consultant anaesthetist Rhiannon Hackett said: "This is the first time we

have had a dedicated facility for CPEX and the room is set up to enable us to live stream tests to

another room for educational purposes as well.

Clinical matron Karen Johnston added: "We are already seeing 70 to 80 patients per day and we hope to increase this to 100 by the end of September."



The perioperative medicine team at James Cook

Patients rate James Cook Cancer Institute in national survey

PATIENTS have rated cancer services at South Tees above the national average in a number of key areas.

The latest annual National Cancer Patient Experience Survey shows that patients at the trust felt that their family or carer was involved as much as the patient wanted them to be in decisions about treatment options, and patients found it easy to reach their main contact person.

The National Cancer Patient Experience Survey, published in July, was commissioned by NHS England and carried out by patient experience insight survey experts Picker.

It focused on care received by patients treated at James Cook and the Friarage which provide treatment and care for more than 1.5 million people across Teesside, North Yorkshire and beyond.

The results of the national survey showed that the trust had no scores

below expected range and scored above the expected range for:

- Referral for diagnosis was explained in a way the patient could completely understand
- Patient found it very or quite easy to contact their main contact person
- Family and/or carers were definitely involved as much as the patient wanted them to be in decisions about treatment options
- The right amount of information and support was offered to the patient between final treatment and the follow up appointment
- Patient was given enough information about the possibility and signs of cancer coming back or spreading



Hilary Lloyd, chief nurse said: "Feedback from our patients is incredibly important to us and the results from the latest cancer patient experience survey are a testament to the care, commitment and compassion of our colleagues who make up the James Cook Cancer Institute, particularly during the pandemic and the enormous challenges that brought."

Frontline teams welcome fund to reduce violent crime

THE Police and Crime Commissioner for Cleveland visited James Cook to launch a £500,000 community fund to address the root causes of violent crime.

On behalf of the Cleveland Unit for the Reduction of Violence (CURV), Steve Turner is inviting community groups, social enterprises, public sector bodies and non-profit organisations to apply for a share of the funding to support interventions that prevent people from becoming involved in violent crime.

As part of the launch Steve visited our emergency department and major trauma teams to find out more about how violence can disrupt and place pressure on medical services.

Vascular surgeon Barnabas Green, major trauma co-ordinator Karen Wood and emergency department consultant Cat Lane walked him through the journey of a knife injury patient.

"We see a knife injury every three days," said Barnabas. "We have enough work already. We don't want young people going around with knives assaulting each other."

This is the first major announcement from the CURV partnership, which was established earlier this year after it was announced that Cleveland will receive £3.5million over the next three years for a violence reduction unit.

"For every violent crime that takes place, there is a ripple effect that impacts the victim and their families, the police, health services and the wider community," said Steve, who chairs the CURV partnership.

"We must get ahead of this problem. It's about creating safe spaces where

at-risk individuals can be given the tools to live a happy, positive life - rather than becoming involved in crime and using violence without a second thought."



Steve Turner with Barnabas Green, Karen Wood and Cat Lane

The higher the barriers, the taller Terry becomes!

WHEN hospital volunteer and fundraiser Terry Bytheway was diagnosed with incurable prostate cancer more than five years ago he decided nothing would stand in the way of him achieving his lifelong ambitions.

Within a year he was performing on stage at Middlesbrough Little Theatre.

And this summer he ticked another item off his bucket list by singing Something Inside So Strong backed by his very own choir in front of an appreciative crowd at James Cook.

Supported by The Odell Choir, the 72-year-old from Middlesbrough proudly belted out the Labi Siffre song which he says contains lyrics that reflect his own cancer battle.

"If you listen to the words they are saying 'I am fighting the cancer',

"The cancer is trying everything it can to bring me down, but I have something inside so strong.

"And it's such a big song I wanted a choir behind me."

There was barely a dry eye in the atrium throughout the moving performance which saw donations

collected for Trinity Holistic Centre and South Cleveland Heart Fund.

Terry is urging everyone to get checked out as soon as possible if they are worried about any changes to their body.

He said: "Don't leave it too late like I did - get checked out."

Watch Terry's performance at southtees.nhs.uk/news/the-higher-the-barriers-the-taller-terry-becomes



Terry and The Odell Choir in the atrium at James Cook

Friarage Nurses League 60th Anniversary

SIXTY years ago The Friarage Nurses League was set up as a social network for nurses and midwives who have trained or worked at the Northallerton hospital.

National nurses leagues were formed but the majority since have been disbanded.

However, over a quarter of the century later, the Friarage Nurses League still has around 280 members right across the world.

Nurses League president Eva Shuttleworth said: "Who would have thought in 1962 when the Nurses League was started by Matron Cassie Harker, we would still be going strong today."



Denise and the team

A fond farewell

DENISE Whatmore, specialist weight management service lead administrator, has handed in her pass after dedicating 42 consecutive years to the NHS.

She said: "It was quite a decision to decide to retire after 42 years in the NHS; working for the regional secure unit, psychogeriatrics, occupational health and, since 2006, the specialist weight management service, but I did not realise how hard it would be to say goodbye to an amazing team.

"It has been an absolute pleasure to work with everyone past and present in the specialist weight management service and I wish everyone all the best for the future."

Benjamin Richardson, clinical lead dietitian, said Denise has been a 'pillar' for the specialist weight management service.

He added: "Denise enabled us to continue operating right through the pandemic and maintain the integrity of the service.

"She will be sorely missed. We wish her a wonderful retirement after 42 years working for the NHS."

Memorial walk for Brett

THE critical care team organised a memorial walk on World Suicide Prevention Day to remember Brett Webster, consultant in anaesthetics and critical care, who sadly died in July.

Critical care consultants, advanced critical care practitioners, physiotherapists, senior nursing and medical staff were joined by consultants from anaesthetics, radiology, surgery and emergency medicine, along with several partners and children (and ten dogs!).

The team were also joined by Brett's mum and sister for the seven-mile circular walk around Codbeck Reservoir, Osmotherley and the surrounding hills.

This was a great opportunity to remember Brett and get to know each other a little better, whilst

enjoying plenty of fresh air, exercise and some excellent views of the local countryside (until the clouds came down later!).

The critical care team, along with Brett's family, plan to make this an annual event to remember him and to raise awareness of suicide within the NHS.





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